



Year 11 Spring Learning Journey for Food & Nutrition

How does this unit link to prior learning?

In Year 10 you began to learn and practice some of the essential skills for GCSE food in preparation for your NEA 1 and NEA 2 task. This included completing food science experiments and preparing, cooking and serving a range of dishes. You have also covered all four theory topics in preparation for your written exam.

What will you be learning about?

KNOWLEDGE: We will understand and respond to NEA 2 tasks set by the exam board.

SKILLS: I will develop a variety of technical cooking skills in preparation for NEA 2 and complete my food science experiments to embed theoretical knowledge.

We will develop our learning each week by focusing on:

1. Research & planning section - Conduct research from your plan and analyse your findings. Summarise the main points from your research.	RAG	7. Practical Exam Preparation – Plan the presentation of your three dishes.	RAG
2. Research and planning section - Choice and selection of dishes (12 in total). Provided accurate reasons for choice linking to task.		8. Practical Exams - 3 hours to prepare, cook and present your 3 dishes.	
3. Research and planning section - Reasons for choice/selection (3 in total)		9. Analysis and Evaluation section – Complete a sensory analysis of your three dishes and review your performance throughout NEA 2. Include all your photographs from the practical exam into NEA 2.	
4. Research and planning section - Complete the time plan which is dovetailed and sequenced.		10. Analysis and Evaluation section – Complete a sensory analysis of your three dishes and review your performance throughout NEA 2. Include all your photographs from the practical exam into NEA 2	
5. Research and planning section - Complete the time plan which is dovetailed and sequenced.		11. MOCK EXAM 2 – Assessment of all content from unit 1.	
6. Practical Exam Preparation – Plan the presentation of your three dishes.		12. NEA 2 DEADLINE. Teacher feedback & GAP tasks.	

Key vocabulary

Planning	Lifestyle	Life stage	Dietary group	Culinary tradition	Seasonality	Cost	Presentation	Timings	Adaptions
Sensory qualities	Portion control	Review	Sequencing	Knife skills	Dove tailing	Styling	Nutrition	Food safety	Sensory analysis

How will this help you in the future?

KS4

Strengthens practical cooking skills for NEA tasks and GCSE exams. Improves ability to plan, prepare, and present dishes under timed conditions.

Beyond LHS

Provides essential life skills for independent living, including meal planning and budgeting. Supports progression into careers in hospitality, catering, nutrition, and food technology.



(Autumn) Learning Journey for (subject here)

Ad Astra*

How does this unit link to prior learning?

What will you be learning about?

We will develop our learning each week by focusing on:

<u>1.</u> (Key learning topic here)	Skills	RAG
<u>2.</u> (Key learning topic here)		
<u>3.</u> (Key learning topic here)		
<u>4.</u> (Key learning topic here)		
<u>5.</u> (Key learning topic here)		
<u>6.</u> (Key learning topic here)		

Key vocabulary

How will this help you in the future?

KS4

Beyond LHS

